

Heartbeat for Adults

240402-01

Instructor: Bitsy Graham

A fully choreographed comprehensive and fast paced fitness program featuring aerobics, core strengthening, upper and lower body toning, balance and flexibility. Come build a stronger heart, stronger muscles, stronger bones and improved brain power. "Younger every day" is our motto.

Location: Warren Building

Min: 15/Max: 20

11 weeks, 2 or 3 days per week

Day	Time	Date
Tu, Th, Fr	6:10 - 7 am	April 2 - June 14

\$160 for three days per week

\$115 for two days per week



Dynamic Running

Instructor: Kathy Fleming

This version of Dynamic Running is 50 percent drills and 50 percent running dynamically. It is geared to the beginner runner or one that would like to improve running form and/ or efficiency in his/ her stride. The venue for action will be the grassy field, trails and hills. This class will help build the mental and physical foundation for runners to have the courage to start a regular running program or if already a veteran runner, it will provide the physical skills to get to the next level.

Location: Warren Building

Min: 6/Max: 12

5 weeks

Act #	Day	Times	Date	Price
240207-01	Tue	9:15 - 10:15 am	Apr 30 - May 28	\$135

5 weeks

Location: Wellesley High School Track Min: 6/Max: 12

Act #	Day	Times	Date	Price
340288-01	Wed	6:15 - 7:15 pm	Jul 9 - Aug 6	\$135

Men's Basketball League

241288-01

Get your hoop squad together and sign up for this new Mens' Basketball League! You must sign up by team, have one person register and then submit your roster at a later date. We will only be accepting 6 teams, each team will receive t-shirts. Games will be played with 2, 20 minute halves and one 4-minute half time, referees & scorekeeper will be provided.

Location: Warren Building

Max: 6 teams

8 weeks

Day	Time	Date	Price
Fri	6:30 - 8:30 pm	4/26 - 6/21 (No games 5/24)	\$750/team

Fusion Fit

Instructor: Bitsy Graham

An innovative combination of cardio, core, strength work, balance and flexibility, all choreographed and set to fun, funky, upbeat music. Class incorporates hand weights, pilates rings, dynabands, ankle bands & balance pads. Strong body, strong bones, strong mind!!!!

Location: Warren Building

Min: 10/Max: 20

240488-01

11 weeks, 2 - 5 days per week

Day	Times	Date	Price
M-F	8:45 - 9:45 am	Apr 1 - Jun 14 (No class 4/15, 5/27)	\$155/2x/week \$225/3x/week \$245/4x/week \$260/5x/week

340488-01

6 weeks, 2 days per week

Day	Times	Date	Price
Tu & Th	8 - 9 am	June 18 - July 30 (No class 7/4)	\$155



Program Registration

Residents: March 19 - 7 am

Non Residents: March 26 - 7 am

Adult Futsal



Men's Indoor Drop - In Futsal

242988-01

Join us Wednesday nights from 7- 9:30 pm for organized pick-up Futsal! Futsal is played between two teams each with five players, one of whom is the goalkeeper. Unlimited substitutions are permitted. Unlike some other forms of indoor soccer, the game is played on a hard court surface delimited by lines; walls or boards are not used. Futsal is also played with a smaller ball with less bounce than a regular soccer ball. Teams will be organized at the start of each evening. There will be a drop-in fee of \$15

Location: Warren Building

Min: 10/Max: 30

8 weeks

Day	Time	Date	Price
Wed	7 - 9:30 pm	Apr 10- Jun 5 (No games 4/17)	\$50

Hula Hoop Fitness

240462-01

Instructor: Wild Kat Hoops

Hooping is so much fun! With adult hoops, anyone can learn this nostalgic exercise craze. Learn to unleash your inner child with cardio-based hula hooping! It is an exciting way to broaden your workout while creating a healthy body and mind while burning up to 600 calories an hour. The class is a fun, exhilarating workout that will condition your body while the time flies by. Hooping strengthens your core, works on proper body alignment, boosts flexibility, stability, and lowers stress with an exhilarating aerobic total body weight loss workout. No prior hooping experience is required - wear exercise clothes, bring a water bottle and an open mind, and watch as you laugh your way to a "new" you. Visit us at www.wildkathoops.com.

Location: Warren Building

Min: 10/Max: 20

8 weeks

Day	Time	Date	Price
Mon	10 - 11 am	Apr 29 - Jun 24 (no class 5/27)	\$65



Tennis Intermediate/Advanced

Instructors: Mike Sabin & John Gautschi

This class is for the player who is looking to develop their court strategy and improve technique. We will also work on stroke positioning, volley, and serve. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session. **Evening lessons REQUIRE a tennis tag.**

Location: Hunnewell Tennis Courts, Rt. 16

5 weeks

245205-01

Min:6/Max: 10

Day	Times	Date	Price
Thu	7 - 8:30 pm	May 2 - 30	\$180 (incl. tag) \$165 (own tag)

245203-01

Min:6/Max: 12

Day	Times	Date	Price
Fri	10:30 am - 12 pm	Apr 26 - May 24	\$165

#245266-01

Min:6/Max: 10

Day	Times	Date	Price
Mon	10:30 am - 12 pm	Apr 22 - May 20	\$165

345202-01

Min: 6/Max: 8

Day	Times	Date	Price
Thu	6:30 - 8 pm	Jun 27 - Aug 1 (No class 7/4)	\$180 (incl. tag) \$165 (own tag)



Adult Drop-In Sports

Play pick-up games, once a week. There are no referees, this is just a great opportunity to play some pick-up basketball or volleyball. Please check the website www.wellesley.ma.gov/recreation; click on "Open Gym." Times are subject to change.

Location: Warren Building

Sport	Day	Time
Women's Basketball	Tue	7- 9 pm
Co-Ed Volleyball	Thu	7 -9 pm



Obstacle Course Training

Instructor: Gregg Smith

Have you been intrigued by the new obstacle course races but aren't sure what you will be getting into? Prepare for the Spartan, Ruckus or Warrior Dash races with this program at Morse's Pond in Wellesley, Ma. Course simulated stations are involved in this 60 minute workout designed to train both energy systems and muscle groups utilized in the most popular obstacle course races that will run this year. Get ready to take your fitness to a new level.

Location: Morses Pond

Min: 7/Max: 15

8 weeks

240489-01

Day	Times	Date	Price
M/Th	9:15 - 10:15 am	Apr 22 - Jun 20 (No class 5/27)	\$185/1xweek \$350/2xweek

7 weeks

240489-01

Day	Times	Date	Price
M/Th	9:15 - 10:15 am	Jun 24 - Aug 15 (No class 7/4)	\$165/1xweek \$320/2xweek

Golf Lessons for Women

Instructor: Kevin Burns



Classes will include, grip stance, swing, chipping, ball position, putting, golf rules, golf etiquette and on course instruction. Golf clubs are available for use during class if needed. Classes begin each week at the putting green. (If in doubt about the weather, call the golf club at 891-1119)

Location: Leo J. Martin Golf Club, Weston

Min: 6/Max: 10

5 weeks per series/choose one time

245608

#	Day	Times	Date	Price
01	Mon	5:35 - 6:20 pm	Apr 8 - May 6 (No class 4/15)	\$165
03	Thu	5:45 - 6:30 pm	May 16 - Jun 6	\$210

Yoga: Vinyassa Flow

240566

Instructor: Zina Roberts

We welcome you to enjoy learning to experience the many physical and mental benefits in Yoga. Flow to music while learning body alignment, building core strength and connecting to breath. Sessions will support all levels of experience, so that each student can practice at their own level and also be challenged to develop their strength and flexibility. At the end of class we allow time for meditation to calm the body and mind. Please bring a yoga mat. This class allows for \$15 "drop-ins" without pre-registration.

Location: Warren Building Min: 7/Max: 15

5 weeks

S#	Day	Times	Date	Price
01	Tue	9 - 10 am	Apr 2 - May 7 (No class 4/16)	\$60
02	Tue	9 - 10 am	May 14 - Jun 11	\$60



Chair/Gentle Flow Yoga

Instructor: Leslie Worris

Chair yoga is appropriate for those who cannot comfortably practice on the floor, or anyone who prefers a gentle practice. Boomers, seniors and people with mobility issues are likely to find this class particularly suitable. Participants are led through a series of gentle seated and standing yoga poses and relaxation techniques. This class focuses on ease of movement, gentle strengthening, breath work, posture, meditation, balance, fall prevention and relaxation. Improve endurance, mobility, strength and decrease stress. Please bring water.

Location: Warren Building Min: 8/Max: 15

10 weeks

Act #	Time	Day	Date	Price
240517-01	11 am- 12 pm	Thu	Apr 4 - Jun 20 (No class 5/10)	\$115

8 weeks

Act #	Time	Day	Date	Price
340517-01	11 am- 12 pm	Thu	Jun 27 - Aug 22 (No class 7/4)	\$85

Ashtanga Yoga

Instructor: Julie Pernokas

Ashtanga Yoga is a sequence of poses or postures coordinated with a specialized breathing technique (Ujjayi breath). The powerful sequence is designed to align the body, build strength, tone muscles, and improve concentration. When practiced regularly, students experience the inner calm and lightness of the body, mind and spirit. No previous yoga experience is necessary (it's OK if you can't touch your toes!). All levels are welcome. Please bring a yoga mat and a small towel or strap.

Location: Warren Building Min: 12/Max: 20

10 weeks

#240501-01

Day	Time	Date	Price
M/W/F	9 - 10:15 am	Apr 3 - Jun 21 (No class 4/15, 4/17, 4/19, 5/27)	\$150/1 day \$245/2 days \$260/3 days

10 weeks

#240504-01

Day	Time	Date	Price
Tue	7 - 8 pm	Apr 2 - Jun 11 (No class 4/16)	\$150



All yoga classes require
a yoga mat

Yoga for Living Well

Instructor: Leslie Worris

Discover the joys of Hatha yoga at a gentle, accessible pace. This class is for boomers, seniors and those living with a chronic illness. Postures are modified as needed and students are encouraged to work within their limits to build strength, flexibility and improve their balance and posture. Each class incorporates breath work, relaxation and meditation. You will learn stress reduction techniques that will broaden your ability to practice the art of relaxed living. The session can be of benefit to all levels of yoga practitioners, including beginners. Please bring water and a towel.

Location: Warren Building Min: 8/Max: 15

Act #	Time	Day	Date	Price
12 weeks				
#240516-01	1:45- 3 pm	Tu	Apr 2 - Jun 18	\$135
10 weeks				
#240516-02	1:45- 3 pm	Th	Apr 4 - Jun 20 (No class 6/6, 6/13)	\$115
7 weeks				
#340519-01	1:45- 3 pm	Tu	Jun 25 - Aug 20 (No class 7/2 & 7/16)	\$80
8 weeks				
#340519-02	1:45- 3 pm	Th	Jun 27 - Aug 22 (No class 7/4)	\$90



Yoga Soul Skills



#240519-01

Instructor: Cory Halaby

An all levels yoga adventure to master the art of living. Come deepen your practice and discover paths to the experiences we all yearn for - peace, connection, creative play, courage, contribution, joy, and self-knowledge. Add some magic to your beautiful life.

Location: Warren Building Min: 7/Max: 15

8 weeks

Day	Times	Date	Price
Thu	7 - 8:15 pm	Apr 4 - Jun 6 (No class 4/18, 5/23)	\$175



Yoga @ Morses Pond



#340522-01

Instructor: Cory Halaby

Get out and enjoy an energizing morning yoga class amidst the natural setting of Morses Pond. This vinyasa flow class is designed to lift your spirits, clear your mind, cultivate strength, balance and flexibility on and off the mat. Bring your own yoga mat and beach towel

Location: Morses Pond Min: 7/Max: 15

5 weeks

Day	Times	Date	Price
M & Th	9:30 - 10:45 am	Jun 17 - Jul 25 (No class 7/1, 7/4)	\$80/1x/week \$140/2x/week



Yoga

Instructor: Nathan Schechter

The word yoga in Sanskrit is "yuj" meaning "to connect." Yoga practice teaches students to connect to sensations and breathing while they practice physical postures called "asana". These poses are linked together in a flow "vinyasa". The resulting practice is both invigorating and relaxing, athletic and meditative. As students learn to engage new neuromuscular pathways, their bodies often become more flexible, balanced and strong. The practice of yoga emphasizes that where you find connection, you will find strength.

Location: Warren Building Min: 7/Max: 15

9 weeks

240510-01

Day	Time	Date	Price
Thu	9 - 10 am	Apr 4 - Jun 6 (No class 4/18)	\$165

9 weeks

340588-01

Day	Time	Date	Price
Thu	9 - 10 am	Jun 13 - Aug 15 (No class 7/4)	\$165

Tennis: Drill & Play

Instructors: Mike Sabin & John Gautschi

This class will include fast paced drilling with a hitting partner and then match play. Classes canceled due to inclement weather, will be added on at the end of the session.

Location: Hunnewell Tennis Courts., Rt. 16

5 weeks

#245207-01	Min: 6/Max: 12	
Day	Times	Date
Wed	9:30 - 11 am	Apr 24 - May 22
		Price
		\$166

#345209-01

Min: 6/Max: 8	
Day	Times
Wed	6:30 - 8 pm
	Date
	Jun 26 - July 31
	(No class 7/3)
	Price
	\$181 (incl. tag)
	\$166 (own tag)



Night Tennis Tags go on
sale April 16, 2013

Tennis Beginner/Adv. Beginner

Instructors: Mike Sabin & John Gautschi

This is an introduction to the sport covering the most basic aspects. Participants will work on forehand, backhand, serve and learning the rules of the game. Please bring a tennis racquet. Classes canceled due to inclement weather, will be added on at the end of the session.

Evening lessons REQUIRE a tennis tag.



Location: Hunnewell Tennis Courts
Route 16

5 weeks

#245213-01	Min:6/Max: 10	
Day	Times	Date
Mon	9 - 10:30 am	Apr 22 - May 20
		Price
		\$166

#245201-01

Min:6/Max: 12	
Day	Times
Fri	9 - 10:30 am
	Date
	Apr 26 - May 24
	Price
	\$166

#245265-01

Min:6/Max: 10	
Day	Times
Tu	7 - 8:30 pm
	Date
	May 7 - Jun 4
	Price
	\$181 (incl. tag)
	\$166 (own tag)

#345201-01

Day	Times	Date	Price
Mon	6:30 - 8 pm	Jun 24 - Jul 22	\$181 (incl. tag)
			\$166 (own tag)

Explore Wellesley's Trails

The Natural Resources Commission's Trails Committee will be welcoming the spring with a series of free, guided trail walks. Come along to enjoy some of Wellesley's beautiful open spaces and discover trails that will expand your recreational options. Walk schedules are also published in the Townsman, on our website (www.wellesleytrails.org) and on our Facebook page (www.facebook.com/WellesleyTrailsCommittee) For more information call Miguel Lessing at 781 799-4555 or Denny Nackoney at 781 237-5174.

April 27, Saturday (9-10 a.m.) – Lower Falls Walk

Explore this newly developed path along the Charles River in Lower Falls. Start from the Mary Hunnewell Fyffe Footbridge, go behind the new Waterstone at Wellesley complex and along the Charles. See the new footbridge over the Charles to Newton and the scenic trail that leads to the Leo J. Martin Golf Course in Weston. Meet at 9 a.m. at the office park parking lot at 15 Walnut St.

May 11, Saturday (9-10 a.m.) – Carisbrooke Walk

Walk trails through Carisbrooke Reservation, a surprising wooded area with rocky outcrops on the Weston town line, and explore trails in the adjacent Weston conservation land. Meet at 9 a.m. at the end of Glen Brook Road, located off Glen Road at the Weston town border.

May 18, Saturday (9-10 a.m.) – Town Forest Walk

As part of the Wellesley's Wonderful Weekend, walk the woodland trails in the Town Forest. Enjoy the picturesque views around Longfellow Pond. Walk the Esker Trail and experience the steep 80-foot high eskers deposited by glaciers. Meet at 9 a.m. at the Longfellow Pond parking lot, located on the left side of Oakland Street 0.9 miles south of Rt. 9.

June 1, Saturday (9-10 a.m.) – Boulder Brook Reservation Trail Walk

Explore this open-space jewel and walk the woodland and meadow trails adjacent to Bates School in Kelly Memorial Park, Boulder Brook Reservation and Rocky Ledges. At the top of Rocky Ledges, see the Wellesley College chime tower. Wear sturdy footwear for steep trail sections. Meet at the Kelly Memorial Park parking lot, located on the left side of Elmwood Road 0.3 mi. east of Weston Road.

All Walks are FREE. Registration IS NOT required.

Chinatown Tour

243709

Instructor: Rose Lee & Associates

Join Master Chef and cookbook author, Rose Lee, while she guides you to the delights of Chinese culture and foods. Learn your way around this unique section of downtown Boston as we explore the nooks and crannies of both old and new Chinatown. Visit Asian markets, Chinese bakeries, favorite restaurants, Art and Gift shops and Jade Jewelers. Learn about Traditional Chinese Medicine. Visit an authentic herbal shop, meet the herbalists and learn about some of their herbal products. Also learn about Chinatown's exotic fruits and vegetables, wholesale suppliers and Asian cookware. This is a walking tour. Wear comfortable shoes, and bring shopping bags. Chinatown is near South Station and Orange/Green Line T stops. Public transportation is recommended but parking garages are available. Directions and meeting place will be sent by registrar upon registration. Meal cost is not included in your registration fee. Participants share the costs, payable at the restaurants.

Tour is held Rain or Shine.

Location: Chinatown Min: 6/Max: 10

1 day

S#	Day	Times	Date	Price
01	Sun	10 am - 2 pm	May 19	\$55
02	Sun	10 am - 2 pm	May 5	\$55

North End Market Tour

243710-01

Instructor: Rose Lee & Associates

Join us for an exciting tour of Boston's Little Italy, the North End. During this tour you will taste your way through the North End and meet the merchants who define this great community. Visit the finest Italian Salumeria (the characteristic Italian deli) for best tasting olives, best quality olive oil, true balsamic vinegar, and sample them; taste the imported sausages, prosciutto, and outstanding cheeses; discover the best pastry shops that make authentic Italian biscotti, amaretti, cassata, sfogliatelle, cannoli, and other confections. Visit a wine shop specializing in smaller vineyards from around the world. Enjoy a wine tasting and learn about wines from a wine expert. We will also visit historical sites in the North End and learn about their history. This is a walking tour. Wear comfortable shoes and bring shopping bags. Directions and meeting place will be sent by the registrar upon registration.

Tour is held Rain or Shine.

Location: North End Min: 6/Max: 10

1 day

Day	Time	Date	Price
Sat	10 am - 2pm	May 11	\$55



Cooking Great on a Family Budget



223721-01

(Parent and Child Ages 8 – 14)

Instructor: Mark Frank

Is managing a hungry household around everyone's busy schedule a challenge? Join Chef Mark and take a look at four quick and painless recipes that fit into the budget of a family on the move! Your family will beg for these simple go-to recipes that are easy on time and easy on your wallet. All of these meals require no more than 25 minutes to prep, and cost less than \$40 to feed a family of four. They are easy enough that the kids can make them too, so bring your little chef, and let them take the cooking responsibilities for a few nights. The class will run about 90 minutes, and we will stick around to enjoy the fruits of our labor. **There is an additional \$15/person food fee that can be paid to the instructor at the first class.** Tonight's Menu: Panko Crumbled three Cheese Chicken and Broccoli Macaroni and Cheese, Sweet and Savory Chicken Thighs with Potato Scallion Bake Chopped Salmon Burgers with cane sugar-roasted sweet potatoes, Bada-Bing Taco Ring (my all-time favorite childhood recipe)

Location: Warren Building Min: 4/Max: 6 pairs
1 class

Day	Time	Date	Price
Thu	6 – 8:30 pm	May 2	\$60/pair

“From Russia with Love”: A Walking Tour of Russian Cuisine

Instructor: Ahla Food Tours

Where can you find the best Russian borsch, pirozhki, and caviar? What is the Russian way to drink tea and vodka? Discover the answers at our three-hour culinary adventure while tasting delicious authentic Russian specialties: light, fluffy blintzes, delicate Siberian dumplings, imported caviar, mouth-watering desserts, and a half-dozen more. Take a shopping tour at Whole Foods Market; learn how to make traditional Russian dishes and find the unique Russian ingredients that can spark up your everyday meals. Visit the treasured Russian food store Babushka Deli and Vernissage restaurant, discover “hidden” Russian food at The Fireplace and Athan's; and enjoy interesting personal stories about their owners. Find the best spots in Washington Square for entertainment, live music, and amazing food. Have fun stepping into the culture of Russia! Limited to 12. Tour is held Rain or Shine. For details visit www.brooklinetour.com.

Participants meet at 1:55 PM near Brookline-Boston (Allston) border near town divider, where 526 Harvard Street in Brookline becomes 235 Harvard Ave in Boston. There is TJMaxx across the street. Max: 10

1 day				
S#	Day	Times	Date	Price
243711 -01	Sat	2 - 5 pm	Apr 6	\$45
243711 -02	Sat	2 - 5 pm	May 25	\$45

Hearty, Healthy, Dinners For the Active Family



223722-01

(Parent and Child Ages 8 – 14)

Instructor: Mark Frank

Is your family constantly on the move? Be ready to take on school, sports, activities, work and everything in between with these healthy and delicious dinners everyone in the family will love. These meals are low calorie, and high in protein and vitamins, sure to give your family the energy it needs to keep up with the hectic pace of life! There is no butter, hydrogenated oils, or high fructose corn syrup in any of these recipes, we will only use fresh, healthy ingredients. Class is designed for a parent and child class will run about 90 minutes, and then we will stick around to enjoy the fruits of our labor! **There is an additional \$15/person food fee that can be paid to the instructor at the first class.** Tonight's Menu: Black Bean Turkey Chili with Baked Whole Grain Chips, Lean Pot Roast with Wholesome Root Vegetables, Fresh Fish Tacos with Avocado Salsa and Broccoli Slaw

Location: Warren Building Min: 4/Max: 6 pairs
1 class

Day	Time	Date	Price
Thu	6 – 8:30 pm	May 23	60/pair



Grillin' and Chillin'... The Ultimate Backyard Barbecue



223723-01

(Parent and Child Ages 8 – 14)

Instructor: Mark Frank

It's BBQ season! This year make sure your backyard BBQ is the one all your friends rave about. Be the master of your grill with these simple recipes both classic, and unusual. We will discuss specific recipes and go over general grilling tips. Class will be held outdoors, will run for about two hours, and then we will stick around and enjoy the fruits of our labor! There is an additional \$15/per person food fee that can be paid to the instructor on the day of class. Tonight's Menu: Grilled Pork Gyros, Fall Apart Skirt Steak, Peel-N-Eat Grilled Garlic Shrimp, Sausages from three worlds: Chinese, Italian, Polish & Asparagus with Parmesan and Soy.

Location: Warren Building Min: 4/Max: 6 pairs
1 class

Day	Time	Date	Price
Thu	6 – 8:30 pm	Jun 13	\$60/pair

Guitar: Beginning (Age 16 – Adult)

245802-01

Instructor: Dave Medeiros

Whether you're an absolute beginner or someone who can strum a few chords or songs, you'll enjoy learning to play the guitar. Our easy approach makes it fun. Instruction will focus on basic theory, reading chord forms, strum patterns and picking styles, and how they apply to popular songs in the folk, rock, blues and country idioms. A limited number of guitar rentals are available at an additional cost of \$50 (for the duration of the course) payable to Dave at first class.

Location: Warren Building Min: 5/Max: 10

8 weeks

Day	Time	Date	Price
Mon	6 - 7 pm	Apr 1 - Jun 3 (No class 4/15, 5/27)	\$125

Instant Piano (For Hopelessly Busy People)

Instructor: Valerie Lyons

Music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just three hours, you can learn enough secrets of the trade to give years of musical enjoyment. The difference is, regular piano teachers teach note reading, while piano playing professionals use chords. In one session you will learn all the chords you need to play any song, any style, any key. You'll learn how to play several songs in class, and then perfect your technique at home using an exclusive CD specially designed by the instructor. It's easy, fun and musically correct! If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. After this one session you can go home and play any song from any piece of sheet music or songbook.

Location: Warren Building Min: 6/Max: 10

1 class

Act #	Day	Time	Date	Price
245811-01	Thu	6:30 - 9:30 pm	Jun 6	\$75
345804-01	Mon	6:30 - 9:30 pm	Jul 29	\$75

Piano Lessons (Age 16 – Adult)

245801-01

Instructor: Dave Medeiros

An introduction to musicianship through piano/keyboard, these are absolute beginner lessons focusing on the fundamentals of music theory, note reading and independent hand coordination. Building from easy traditional melodies, students will venture into popular, boogie and blues styles. Songbook and handouts provided.

Location: Warren Building Min: 5/Max: 10

8 weeks

Day	Time	Date	Price
Mon	7 - 8 pm	Apr 1 - Jun 3 (No class 4/15, 5/27)	\$130

Guitar: Continuing (Age 16 – Adult)

245803-01

Instructor: Dave Medeiros

Instruction will continue with theory, note reading and chord forms. We will concentrate on more complex strum patterns, right hand rhythms, and moving bass lines with chord accompaniment and melody. These techniques along with some classic guitar riffs should have you ready for open mic night! Continuing students should have completed "Beginning Guitar" or have knowledge in sight-reading and chord forms.

Location: Warren Building Min: 5/Max: 10

8 weeks

Day	Time	Date	Price
Mon	8 - 9 pm	Apr 1 - Jun 3 (No class 4/15, 5/27)	\$125

Play Piano By Ear

Instructor: Valerie Lyons

After taking Instant Piano, return for this follow-up class if you want to learn to play piano by ear. Professional piano players don't need sheet music, and neither will you after this session. Learn how to pick out melodies on the piano--and then add the correct chords to make the music complete. You'll get an extensive book plus a CD that has 15 sample songs for you to learn to play by ear. You won't get this information from music teachers. It's all the music theory you need to succeed, gently explained and simplified for the non-musician. You'll be amazed at what you can do. Whether you want to be able to jam with other musicians or just save money on sheet music, you'll learn it all in this one class. It is recommended students take Instant Piano (or prior chord knowledge) before taking this course. Required course book and CD will be provided by instructor for additional \$30 fee.

Location: Warren Building Min: 6/Max: 10

1 class

Act #	Day	Time	Date	Price
245812-01	Thu	6:30 - 9:30 pm	Jun 13	\$75
345805-01	Mon	6:30 - 9:30 pm	Aug 5	\$75



Ballroom: Introduction



Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

We will teach you the basic fundamentals of ballroom dancing; learn how to lead, follow and feel great on the dance floor. You will also learn about timing, rhythm and posture. We will Cha Cha, Rumba & Hustle in the Spring, then Cha Cha, Swing & Foxtrot in the Summer! Add passion and excitement to your life today! Please bring leather-soled shoes.

Location: Warren Building **Min:** 10/**Max:** 20 cpl.

5 weeks

Act #	Day	Time	Date	Price
244006-01	Mon	7 - 8 pm	Apr 1 - May 6 (No class 4/15)	\$160/cpl
344001-01	Mon	7 - 8 pm	Jul 8 - Aug 5	\$160/cpl



Zumba

Instructor: Tanya Novobrantseva

Zumba® is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving people toward joy and health. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Come join the party and you will have fun exercising to the tunes of Salsa, Merengue, Cumbia and Reggaeton among others. Bring a bottle of water, comfortable work-out clothes and a smile:)

Location: Warren Building **Min:** 8/**Max:** 20

5 weeks

S#	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Apr 3 - May 8 (No class 4/17)	\$30
02	Wed	7:15 - 8:15 pm	May 22 - Jun 19	\$30

S#	Day	Time	Date	Price
01	Wed	7:15 - 8:15 pm	Jun 26 - Jul 31 (no class 7/3)	\$30

Ballroom: Intermediate

Instructor: Carol Lanzillo,
Arthur Murray Dance Studio of Natick

This class is for any student that has had prior ballroom dance training or taken the Introduction course that is offered through Wellesley Recreation. This intermediate class is designed to help you advance with your dancing and skill level by teaching you more difficult steps and technical components. Please bring leather-soled shoes. Various types of dances and patterns will be introduced throughout the weeks.

Location: Warren Building **Min:** 10/**Max:** 20 cpl.

5 weeks

Act #	Day	Time	Date	Price
244007-01	Mon	8 - 9 pm	Apr 1 - May 6 (No class 4/15)	\$160/cpl
344002-01	Mon	8 - 9 pm	Jul 8 - Aug 5	\$160/cpl

Tap Dance



244010-01

Instructor: Valery Marcantonio

Experience the joy and discipline of Tap Dance! Valery shares her love of tap and focuses on the fundamentals of tap, technique, combinations, listening to music, all set to jazz, latin, blues and swing music. Tap Shoes are Required. Please inquire as to where tap shoes can be purchased.

Location: Warren Building **Min:** 5/**Max:** 10

8 weeks

Day	Time	Date	Price
Mon	12 - 1 pm	Apr 22 - Jun 17 (No class 5/27)	\$95



Register Online
wellesleyma.gov/recreation

Irish Step Dancing for Adults

244009-01

Instructor: Bonnie Severance

You know you've always wanted to try it! Come and celebrate Irish culture through the art of Irish step dance. This is a non-competitive class geared for fun and exercise. Students will develop skills in solo step dancing, as well as ceili (team) dancing. Designer ladies may start out in black ballet slippers. Men may wear a basic black jazz shoe or sneaker. Please wear T-shirt and shorts or leggings.

Location: Warren Building **Min:** 5/**Max:** 10

8 weeks

Day	Time	Date	Price
Sat	1 - 2 pm	Apr 20 - Jun 15 (No class 5/25)	\$120

Girl Talk - Group Empowerment Coaching Series



Instructor: Marthe Teixeira

As a teen life coach and trusted mentor - we will touch upon the issues of; popularity, cliques, social media, anxiety, pressures on women from the media, friendships that have turned toxic and friends that freeze you out. We will be viewing YouTube clips and documentaries that hit upon these "hot" topics. Your daughter will walk away with tools and resources that will help her through middle and high school years. *For females only

Location: Warren Building Min: 6/Max: 30

2 classes

242660-01

Day	Time	Date	Price
Thu	7 - 9 pm	Apr 4 - 11	\$215

342635-01

Thu	7 - 9 pm	Jul 11 - 18	\$215
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Anti Aging Secrets of Hypnosis & Mind Body Medicine



242682-01

Instructor: Cara Gallucci

There's a lot of truth to the old adage, "You're only as old as you think you are." Come unlock the power of your own mind to think and feel younger! At the same time, aging is not all in our heads, and we'll talk about some simple healthy behaviors to support the fountain of youth within. The evening will include relaxing guided hypnosis and visualization. Expect to leave feeling refreshed and renewed!

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Wed	7 - 9 pm	Apr 10	\$40

Meditation for Teenagers



242683-01

Instructor: Cara Gallucci

Are you stressed out? Worried about school, friends, dating, and life in general? There's no better time to learn how to relax your mind and body than right now. Cara Gallucci learned to meditate at 15 and has been doing it ever since—just because it feels so good! Come learn two simple methods, one drawn from the yoga tradition and the other from Dr. Irving Oyle, to improve your concentration, let go of stress, and explore your inner world. These techniques are immediately relaxing, easy, enjoyable—even fun.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Thu	7 - 9 pm	May 9	\$40

Wellness Program - Reach Your Fitness Goals



Instructor: Marthe Teixeira

Have you ever received good advice that you were unable to follow? Has your doctor ever recommended a lifestyle change that you found to be unsustainable? Have you ever wanted something in your life, but found you couldn't achieve it alone? Health Coaches are knowledgeable advisers who provide ongoing support and guidance as you set goals and make sustainable changes that improve your health and happiness. As your Health Coach, I will listen carefully and help you to navigate the world of contradictory nutrition advice to determine what changes are necessary for you. Your personalized program will radically improve your health and happiness. Together, we will explore concerns specific to you and your body and discover the tools you need for a lifetime of balance. Everyone will receive email support, recipes, coaching and support to make lifestyle changes, access to my monthly newsletter and latest health tips and simple but informative handouts that will increase your nutrition knowledge.

Location: Warren Building Min: 6/Max: 20

2 classes

242660-01

Day	Time	Date	Price
Wed	7 - 9 pm	Apr 3 - 10	\$235

342660-01

Wed	7 - 9 pm	Aug 7 - 14	\$235
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Alexander Technique

242601-01

Instructor: Jill Geiger

Interested in improving your posture, moving with ease and reducing stiffness, pain and tension? Whether you're walking, running, driving or sitting at a computer you're "using" yourself. Poor posture, stress and neck/back/shoulder pains are often caused by unrecognized habits of tension or "misuse." Alexander Technique is a practical, educational method that provides the means to restore the good posture, balance and poise we are normally all born with. By learning how to recognize and unlearn habits of misuse, people of all ages can reduce tension and stress, and experience lasting relief from chronic pain. This class will introduce the technique: its history, principles and application to every-day activities. Class includes one private lesson.

Location: Warren Building Min: 6/Max: 12

2 weeks

Day	Time	Date	Price
Wed	7:30 - 9 pm	May 22 - 29	\$45

Messages from Heaven

243803-01

Instructor: Gayle Kirk

Gayle Kirk is an amazing and compassionate Psychic and Medium. She appears on TV, radio, and in newspapers. Join Gayle as she offers the uplifting, healing, and informative program, "Messages from Heaven". This program is similar to John Edward's hit TV show, "Crossing Over". Your loved ones in Heaven want to talk with you as much as you want to talk with them. Send your love to those in Heaven. Ask them to come through with a message for you. Gayle provides loving, healing messages from your family, friends, and pets in Heaven and positive, wise psychic guidance from Spirit Guides and the Angels for as many people as possible; however, your attendance does not guarantee you will receive a message. Learn about the different ways your loved ones in Heaven may try to communicate with you. Bring paper and pen to write down messages. Recorders and cameras are not allowed. Pre-registration is definitely encouraged as programs often sell-out. For more information, please see www.GayleKirk.com.

Location: Warren Building Min: 12/Max: 24

1 class

Day	Time	Date	Price
Fri	7 - 9 pm	Jun 7	\$45



REGISTRATION

Residents:

Tuesday, March 19 @ 7am

Non Residents:

Tuesday, March 26 @ 7am

Online • Walk-in • Mail • Fax • Phone

Secret Success Skills

Instructor: Randa Sununu

You will learn the secret skills to being successful, regardless of what area of your life you apply them. You will learn to build new habits and break old ones, which will only contribute to your success. Do you want to learn how to make the best use of your time and not waste it on unimportant things, thereby becoming much more efficient? Do you want your self-esteem and self-confidence to increase exponentially? Do you want your income to really improve? Do you want to accomplish much more in a day or a week or a month than you ever dreamed was possible? You will get useful handouts, and one free 30 minute private consultation.

Location: Warren Building Min: 8/Max: 15

1 class

Act #	Day	Time	Date	Price
242659-01	Thu	10 am - 12 pm	May 16	\$55
342659-01	Thu	10 am - 12 pm	July 11	\$55

Expand Your Intuition with Tarot

Recreation REcession
Buster!

NEW

243844-01

Instructor: Jeanne Mayell

Want to become more intuitive, and connect more deeply to others and to yourself? Want to experience an extraordinary knowing you never thought possible? Let one of Boston's most highly ranked intuition teachers teach you how to read the Tarot, a set of ancient illustrations, filled with myth and symbolism, that stimulate your intuition. In this class designed for beginning to intermediate readers, students will learn the Tarot basics, and give and receive readings from each other as well as the instructor. In a supportive, fun, and meaningful group atmosphere, we'll also practice meditation, pure inner visioning and potent ways to expand our intuition. Bring a Thoth deck (or your favorite deck if you prefer) or buy one (\$25 large size) from the instructor. For more information, see the instructor's website at www.jeannemayell.com.

Location: Warren Building Min: 12/Max: 24

5 classes

Day	Time	Date	Price
Fri	6:30-9 pm	Apr 5 - May 17 (No class 4/19 & 4/26)	\$220



Life Coaching for Your Next Act

243873-01

Instructor: Cory Halaby

Are you moving towards the next phase of your life's work? Maybe your youngest child is starting elementary school, or heading off to college. There could be a shift coming in your full time job, or you might simply want to add something you're passionate about to your daily routine. This course will help you navigate into new territory and create the life of your dreams.

Location: Warren Building Min: 7/Max: 15

6 weeks

Day	Times	Date	Price
Sat	2 - 3 pm	Apr 6 - Jun 8 (No class 4/13, 4/27, 5/18, 5/25)	\$145

Clutter Control

242625

Instructor: Randa Sununu

In this class you will learn 3 basic principles, which can guide you to manage the clutter in your life. You will be given many more useful tips about how to de-clutter any space, make decisions about your clutter, let go of the attachments that fuel your tendency to clutter in the first place, and develop new no-cluttering habits that last. Participants are entitled to a free 30 minute private consultation.

Location: Warren Building Min: 8/Max: 15

1 class

S#	Day	Time	Date	Price
01	Thu	10 am - 12 pm	Apr 4	\$35
02	Thu	10 am - 12 pm	Jun 27	\$35

Puppy Kindergarten

(3-6 months)

Instructor: Vera Wilkinson CDBC, CPDT-KA

This covers basic obedience and socializes the puppy to other dogs and people. Getting your pup off to the right start means fewer training problems later. Please bring a certificate or veterinarian bill confirming that the puppy is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building **Min:** 6/**Max:** 10

6 weeks

Act.#	Day	Time	Date	Price
244601-01	Mon	6:30 - 7:20 pm	Apr 22 - Jun 3 (No class 5/27)	\$115
344601-01	Mon	6:30 - 7:20 pm	Jul 8 - Aug 12	\$115

Dog Obedience

(6 months and up)

Instructor: Vera Wilkinson CDBC, CPDT-KA

This course covers basic obedience including sit, stay, come, and heel. Training is gentle and motivational, and specific attention is given to individual problems. Teaching tricks and general care will also be covered. Please bring a certificate or veterinarian bill confirming that the dog is up to date on all shots, i.e. rabies and distemper. At time of registration, please give name, age, & breed of dog. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend.

Location: Warren Building **Min:** 6/**Max:** 12

6 weeks

Act #	Day	Time	Date	Price
244602-01	Mon	7:30 - 8:20 pm	Apr 22 - Jun 3 (No class 5/27)	\$115
344602-01	Mon	7:30 - 8:20 pm	Jul 8 - Aug 12	\$115

Dog: Fun and Games

Instructor: Vera Wilkinson CDBC, CPDT-KA

A class designed for dogs and owners who are looking for a bit more than basic obedience. Using games and fun activities to enhance the practical use of those cues learned in good manners and puppy classes. New cues will be added to the dogs repertoire while learning in a fast paced and exciting environment. The handler should be the same person every week, and be age 11 or older, but all family members are encouraged to attend. No age requirement but a knowledge of basic obedience is highly recommended.

Location: Warren Building **Min:** 6/**Max:** 10

6 weeks

Act #	Day	Time	Date	Price
244603-01	Mon	8:30 - 9:20 pm	Apr 22 - Jun 3 (No class 5/27)	\$115
344603-01	Mon	8:30 - 9:20 pm	Jul 8 - Aug 12	\$115



Intermediate Bridge

244103

Instructor: Dee Roberts

This class is designed for students who have already completed both beginner and advanced beginner bridge. Students currently in the winter classes may enroll prior to the official March 19 & 26 dates.

Location: Warren Building **Min:** 12/**Max:** 16

8 weeks

S#	Day	Time	Date	Price
01	Tue	10 - 11:45 am	Apr 2 - May 21	\$95
05	Tue	12:30 - 2:15 pm	Apr 2 - May 21	\$95

Wellesley Recreation Open House!

March 24th
11 am - 1 pm
Don't miss it!

Bridge Clinic

244112 -01

Instructor: Anand Lele, ACBL Accredited

Join us to hone your bridge playing skills in a relaxed setting! Designed for beginning and advanced beginning bridge players, this "clinic" class is a great opportunity to play bridge with others at your level, and receive tips and instruction along the way. Prerequisite: a beginning bridge class or some basic knowledge of how to play the game.

Location: Warren Building **Min:** 12/**Max:** 20

8 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	Apr 3 - May 29 (No class 4/17)	\$115



Bridge: "Play of the Hand"

244110-01

Instructor: Anand Lele, ACBL Accredited

This class is for those who have acquired the basic knowledge of the game, and now want to learn about the various techniques associated with the "Play of Hands." Each session will include instruction followed by supervised play with emphasis on improving your "Thinking at the Table."

Location: Warren Building **Min:** 12/**Max:** 20

8 weeks

Day	Time	Date	Price
Fri	10 am - 12 pm	Apr 5 - May 31 (No class 4/17)	\$115



Publisher: Introduction

243090-01

Instructor: French Brandon

In this class you will use Publisher to create a newsletter complete with graphics and text. You will format the text and modify the graphics and use design tools to make a professional looking document. You will use templates and make documents from scratch. Publisher is an excellent tool to make flyers, brochures and, of course, newsletters.

Location: Warren Building
2 classes

Min: 4/Max: 6

Day	Time	Date	Price
M & Tu	6:30 - 8:30 pm	Apr 1 & 2	\$135

Intro: To Project Management

243081-01

Instructor: Swati Dave

Project management can be a profession, a job, a role, or an activity. It is a proven process that helps to break down complex projects into simple work elements and efficiently manage time, money and resources.

This project management course is designed to introduce the concepts of project management to individuals who work alone or work together in a team. Using a holistic approach, the course introduces the participants to the five project management process groups: Initiating, Planning, Executing, Monitoring & Controlling and Closing. The understanding of these project management processes will help participants gain better understanding of activities required for successful completion of a project. The course is crafted into step-by-step approach with easy-to-follow examples that can be applied to projects of any size.

Location: Warren Building
3 classes

Min: 4/Max: 6

Day	Time	Date	Price
Thu	10 am - 12 pm	May 9 - 23	\$140

EXCEL: Introduction

243001-01

Instructor: French Brandon

Learn the basics of Microsoft Excel*. Students will be taught how to navigate in Excel by opening, closing, saving and saving workbooks. You will learn to work with cells, columns and rows by inputting basic data. This course will also cover basic formatting, formulas for addition, subtraction, multiplication and division, and functions. This class is a MUST for anyone looking to work with spreadsheets.

Location: Warren Building
2 classes

Min: 4/Max: 6

Day	Time	Date	Price
M & Tu	6:30 - 8:30 pm	Apr 8 - 9	\$135

PowerPoint: Introduction

243088-01

Instructor: French Brandon

If you have no experience with Microsoft PowerPoint 2007 and want to start from the beginning, then this class is for you. This class covers all of the features you need to get started using Microsoft PowerPoint 2007. Although knowledge of how to navigate in a Windows environment is helpful, this class caters to the computer beginner.

Location: Warren Building
2 classes

Min: 4/Max: 6

Day	Time	Date	Price
M & Tu	6:30 - 8:30 pm	May 6 - 7	\$135

PowerPoint: Level 2

243063-01

Instructor: French Brandon

We will learn to work with design templates, diagrams, special effects, custom slide shows, collaboration and advanced presentation deliveries.

Location: Warren Building

Min: 4/Max: 6

2 classes

Day	Time	Date	Price
Mon/Tu	6:30 - 8:30 pm	May 20 - 21	\$135

Photoshop: Introduction

243091-01

Instructor: French Brandon

For those people who have a digital camera and are looking to have some fun with their pictures, this is the class for you. In this class, students will learn the Photoshop environment, sizing images, and creating layers. You will also be introduced to blending/opacity, color/painting, text/layers, adjusting images and saving the images for the web, and printing.

Location: Warren Building
2 classes

Min: 4/Max: 6

Day	Time	Date	Price
M & Tu	6:30 - 9 pm	Apr 22 - 23	\$175

EXCEL: Advanced

243066-01

Instructor: French Brandon

This class will focus on advanced formulas (Financial and Scenarios), charts and graphs, linking of spreadsheets and workbooks, controlling the print environment and advanced formatting. The students MUST have basic understanding of Excel and standard formulas. They are encouraged to take the Excel Intro class prior to enrolling in this class.

Location: Warren Building
2 classes

Min: 4/Max: 6

Day	Time	Date	Price
M & Tu	6:30 - 8:30 pm	Apr 29 - 30	\$135

Poetry for the People

243859-01

Instructor: Charles Kamar

No dull textbook analysis here! We'll read and appreciate a range of poets and their poems. We will look at the techniques and use of language that distinguish highly regarded poets and their ability to convey ideas and topics that we, the people, find engaging. Robert Browning's murderous Duke, Louise Glück's now-adult Gretel, Hansel's sister; Marge Piercy's feminist-rage cooking for ungrateful husbands; Updike's adult high-school basketball player frozen in his past glories; Walt Whitman's real take on astronomy, and Jack Butler's rat-turned-coachman's view of Cinderella are a few of the subjects open for lively discussions.

Location: Warren Building Min: 8/Max: 15

4 classes

Day	Time	Date	Price
Thu	10 - 11:30 am	Apr 4 - May 2 (No class 4/18)	\$50

College Search

243601-01

Instructor: Larry Dannenburg

Looking to find the right school for your child or minimize what you pay? If you have a high school student you can't afford to miss this seminar. We will show you how to choose the school that is the right fit for your child as we walk you through the admissions process. This seminar is particularly important if your student is at the top of the class, has learning disabilities, is an athlete, or is average. See how starting the process early can offer significant advantages, especially for business owners, divorced parents, or home schooled children.

Location: Warren Building Min: 7/Max: 15

1 class

Day	Time	Date	Price
Tue	7 - 9 pm	Apr 2	\$30

Estate Planning

Instructor: Shani Rea Collymore, Esq.

Join Shani Rea Collymore, Lexington estate planning attorney for a discussion of the benefits and drawbacks of Wills, revocable and irrevocable trusts, probate court, costs of estate planning, achieving your last wishes, execution process, estate taxes and how to avoid them. Plus much more.

Location: Warren Building Min: 6/Max: 12

1 class

Act #	Day	Time	Date	Price
243677-01	Tue	7 - 9 pm	May 14	FREE
343677-01	Tue	7 - 9 pm	Jul 30	FREE



Voice-Overs: You're On the Air Webinar

243501-01

Instructor: Such a Voice

Voice-overs are hot today! There are more opportunities to use your voice on commercials, films, and videos than ever before. If you have thought about doing this ...THIS COULD BE A GAME CHANGER! Full-time, part-time, or just sometimes, you can be having the time of your life, potentially making more money than you ever imagined possible, and record voice-overs for paying clients right on your computer! Lots of people "think" about getting into voice-overs. Now, finally, this could be your opportunity to MAKE IT HAPPEN!! We encourage you to join us for our online, interactive classes which includes a live Q&A session. As the class gets closer, you will receive a link to log on to the class. All you need is a computer with internet connection and phone line to call in and read a script!

Location: Online

Max: 40

1 day

Day	Time	Date	Price
Wed	8 pm	May 22	\$45

Let's Get Organized!

243101-01

Instructor: Lauren Zalkind

Getting organized is easy when you have the right tools. Learn time-tested strategies that will take your home or office from crazy and cluttered to calm and collected. Taught by Lauren Zalkind, a Professional Organizer with 20 years of real-life experience.

Location: Warren Building Min: 6/Max: 12

1 class

Day	Time	Date	Price
Wed	7 - 8 pm	May 15	FREE

America's Boating Course

243879-01

Instructor: Great Blue Hill Sail and Power Squadron

Boating is a fabulous family activity, but, you shouldn't leave the dock without basic boating skills. Now is the time to prepare for the next boating season. Useful for paddlers, sailors or those with powerboats, this course is meant for both captain and crew. Topics to be covered include boat handling, safety, federal and state requirements, aids to navigation, charts and course plotting, trailering, marine radio use, knots, personal watercraft use and more. Upon successful completion of the course, a certificate will be issued which is honored by all states for their basic licensing requirements and most insurance companies for premium reductions. Those between ages 12 and 16 may obtain their Massachusetts Powerboat Operator's certificate.

Location: Warren Building Min: 6/Max: 12

6 classes

Day	Time	Date	Price
Thu	6:30 - 9:30 pm	Apr 25 - May 30	\$120

Online Digital Photo Album

243407-01

Instructor: Sherri Skillman

Do you have loads of digital photos stored in your computer? Do you want to organize them, or better yet, create an online photo album using state-of-the-art software? Then come take a class and learn how to manage and easily organize all of your digital photos, and also how to "click and drag" your photos into online templates in order to create beautiful digital photo albums. Once you up-load the templates, then you simply order the album online and it gets mailed right to your home! These albums are so quick and easy to make, especially for family reunions, weddings and other family events when you want to order multiple copies. Please bring your laptop (PC or MAC if available)

Location: Warren Building Min: 6/Max: 8
1 class

Day	Time	Date	Price
Tue	9:30 - 11:30 am	Apr 9	\$45

Collage Color Theory Workshop

221423-01

(Parent and Child Ages 12 - 18)

Instructor: Kevin Lawlor

Color is around us everywhere. We know what colors we like. Do we know how colors attract our eye and why? We will create collages with colors cut out of your fashion, fitness and fun magazines to help us explore how color is used to attract our eye to a product. Doing several easy color contrast exercises we will begin to understand how color influences us. Please bring at least two magazines each to class. More if you have them and two pairs of scissors.

Location: Warren Building Min: 6/Max: 12
1 class

Day	Time	Date	Price
Sat	1 - 4 pm	Apr 27	\$100

Get the Most Out of Your Digital Camera

243901-01

Instructor: Phyllis Mays

Whether you just bought your digital camera or you have been using it as a point and shoot for a year or two, you can expand your digital photography skills in this class. Learn what's inside the camera, how to maximize its options, and how to adjust settings for the best results. One meeting will focus on editing techniques, another on getting good prints. Explore various ways to move photos to your PC. Finally, we will create online photo albums to share with family and friends. Students should be familiar with computer basics. Please bring your camera, cable and manual to class. Please be sure batteries are freshly charged.

Location: Warren Building Min: 4/Max: 6
4 weeks

Day	Time	Date	Price
Wed	10 am - 12 pm	May 1 - 22	\$155

Painting with Acrylics for Adults

241444

Instructor: D'Ann Hansen

Come and give your creative mind some time to play! By using right brain drawing strategies and step-by-step visual demonstrations, students will successfully draw and paint pieces inspired by modern masters and contemporary painters. Students use the finest grade acrylics on archival paper. These paints are a joy to use with a thick and buttery consistency and a very forgiving nature! All levels of experience are welcome, including those who have never picked up a paint brush. Price includes supplies.

Location: Warren Building Min: 6/Max: 8
5 weeks

Act #	Day	Time	Date	Price
01	Tue	9:30 - 11:30 am	Apr 2 - May 7 (No class 4/16)	\$195
02	Wed	10 am - 12 pm	Apr 3 - May 8 (No class 4/17)	\$195

Parent & Child Pottery

#221403-01

(Parent & child Ages 4 - 5)

Instructor: Ramune Jauniskis

Spend time working with your child while enjoying working with clay. Use your imagination to invent fantastic clay sculptures with guided instruction. Projects will be suggested but students are encouraged to work on their own ideas if they wish. All projects will be kiln fired. All materials included. Parent/Guardian required.

Location: Warren Building Min: 5/Max: 8

6 weeks

Day	Time	Date	Price
Thu	3 - 4 pm	Apr 25 - May 30	\$120



Pottery for Adults

Instructor: Ramune Jauniskis

Students will have the opportunity to learn the basics of hand building and wheel throwing. You will be encouraged to explore your own interests and work on your own individual project. All pieces will be kiln fired. Price include supplies

Location: Warren Building Min: 6/Max: 8
6 weeks

243409

S #	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Apr 25 - May 30	\$195
02	Thu	12:30 - 2:30 pm	Apr 25 - May 30	\$195

343401

S#	Day	Time	Date	Price
01	Thu	6:30 - 8:30 pm	Jun 27 - Aug 8 (no class 7/4)	\$195

Beavers, Otters & Minks... Oh My!

255413-01

Instructor: Paul Bruce

Come and help us search out beavers, otters and monarch butterflies in their habitat! You'll be sampling wild edibles and tracking otters, mink and muskrats. A whole family outing! Binoculars are a plus! Wear waterproof boots.

Meet @ Duxbury High School

One class – 1 ½ hours

Min: 1/Max:6

Day	Time	Date	Price
Sun	9:55 - 11:25 am	May 12	\$20

Fly Fishing

255404-01

Instructor: Paul Bruce

Learn to fly fish on a stocked bass pond! You'll learn casting basics and you'll be able to fish solo after a little practice. Wear waterproof boots.

Meet @ #50 Birch St.

1 class - 2 hours

Day	Time	Dates	Price
Sun	12:55 - 2:55 pm	May 5	\$50

(all equipment provided)



Directions to all locations will be mailed/emailed.

Learn to Fish

#255407-01

Instructor: Paul Bruce

You'll learn to bait, "de-barb" a hook, then cast and set your bobber to the right depth. Hopefully, we catch some of the ponds "volunteers" in this catch and release adventure! All fishing rods and bait are provided and you may bring your own if you wish. Wear waterproof boots.

Meet @ Island Creek Pond

1 class - 1.5 hours

Day	Time	Dates	Price
Sat	11:55 - 1:25 pm	May 25	\$35

(all equipment provided)

Fishing for Striped Bass & Blues

255403-01

Instructor: Paul Bruce

Fish for bass and blues on Duxbury Beach. You'll learn about tackle, techniques and bait, and you'll gain the skills necessary to fish with confidence using the Ted Williams method!

Meet @ Duxbury High School

One night – 1 1/2 hours

Min: 1/Max:6

Day	Time	Date	Price
Sat	6:55 - 8:55 pm	May 4	\$60

(all equipment provided)

Gourmet Mushrooms

255406-01

Instructor: Paul Bruce

This class will help you to identify mushrooms common to this area. You'll learn tree identification, locations, field preparation, harvesting, recipes, and you will receive written information as well. Bring a paper bag and paring knife. Wear waterproof boots.

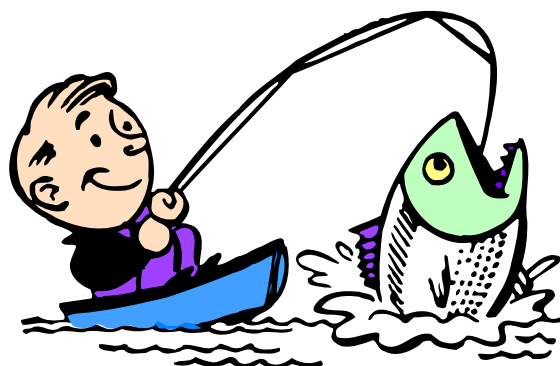


Meet @ Duxbury High School

One class – 2 1/2 hours

Min: 1/Max:6

Day	Time	Date	Price
Sun	9:55 am - 12:25 pm	May 26	\$50



Tree Swallow Sunday

255405-01

Instructor: Paul Bruce

You'll observe aerial courtship, mating, and feeding. You'll release feathers into the wind for swooping swallows, called feather interceptors, to catch (they'll use them to line their nests). A short nature walk is included. With your own feathers you will learn how to start your own colony. We will be walking in the water, wear waterproof boots.

Meet @ Gate on #50 Birch Street, Duxbury, MA

One class - 1 1/2 hours

Day	Time	Date	Price
Sun	9:55 - 11:25 am	May 19	\$25

Welcome!

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long-lasting friendships have formed in our lively and intelligent discussion areas.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

1. Call Wellesley Recreation to register and pay for your desired course(s)
2. Visit our Online Instruction Center:

www.ed2go.com/wellrec

3. Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.

Start Dates:

A new section for every online course in this catalog will begin on:

April 17: #443800-01

May 15: #443800-02

June 19: #443800-03

July 17: #443800-04

Aug. 21: #443800-05

Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Please visit our Online Instruction Center for more information.

Business Courses

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more. **\$95.**

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries. **\$95.**

Customer Service Fundamentals

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$95.**

Professional Sales Skills

Discover how to begin a successful and rewarding career in sales. **\$95.**

Building an Ethical Business

Give your business an advantage by building a strong and just foundation. **\$95.**

Principles of Sales Management

Master the art of managing sales teams from a sales pro. **\$95.**

Successful Construction Business Management

Gain a powerful and permanent advantage over the competition by practicing expert management. **\$95.**

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts. **\$95.**

Distribution and Logistics Management

Improve your company's ability to deliver on time and on budget, while increasing customer satisfaction. **\$95.**

Mastery of Business Fundamentals

Acquire practical experience in strategic planning, management, and finance without enrolling in an MBA program. **\$95.**

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management. **\$95.**

Total Quality Fundamentals

Give yourself a strong foundation in total quality management. **\$95.**

Introduction to Business Analysis

Master powerful techniques to improve your decision-making skills at work. **\$95.**

Managing Technology

Deliver results on time and on budget by monitoring and controlling technology projects. **\$95.**

Managing Technical Professionals

Build vital leadership skills to attract, retain, and inspire top-notch technical professionals. **\$95.**

Hire Smart

Develop recruiting techniques that will help you hire the best people. **\$95.**

Understanding the Human Resources Function

Learn to handle human resource functions to ensure the best possible results. **\$95.**

Employment Law Fundamentals

Learn the basics of employment law so you can legally hire, evaluate, and manage employees. **\$95.**

Start A Business

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online. **\$95.**

Secrets of the Caterer

Learn cooking and business secrets from a professional caterer. **\$95.**

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Career Development

High Powered Communication

Master the five critical factors of highly effective communication used by all skilled communicators. **\$95.**

Merrill Ream Speed Reading

Acclaimed speed reading expert teaches you how to save yourself time by reading faster with better comprehension. **\$95.**

Personal Enrichment

Get Assertive!

Find out how you can stop others from intimidating you or treating you poorly. **\$95.**

Goodbye to Shy

Become more confident in social, professional, and romantic situations. **\$95.**

Get Funny!

Use humor to disarm, befriend, motivate, inspire, and inform others. **\$95.**

Conquer Your Stress

Learn a variety of fun exercises to shift your mind and body from stress and anxiety to joy and peace. **\$95.**

Achieving Success with Difficult People

Learn how to have more successful relationships with difficult bosses, co-workers, students, neighbors, or relatives. **\$95.**

The Magic of Hypnosis

Learn to use hypnotic suggestion on yourself and others with amazing results. **\$95**

Handling Medical Emergencies

Every second counts during a medical emergency. Learn how to respond if someone needs your help. **\$95.**

Outdoor Survival Techniques

Learn the essential skills you will need to survive in a remote or stranded condition. **\$95.**

Digital Photography

Photoshop Elements for the Digital Photographer

Learn to edit digital images to correct or repair deficiencies and bring out the best in all your photographs. **\$95.**

Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all situations. **\$95.**

Mastering Digital Photography: Photographing People

Expert shows you how to take beautiful pictures of adults, children, and babies. **\$95.**

Entertainment

Marketing Tools for Actors

A working casting director teaches effective strategies to secure film and television work. **\$95.**

Your Screenwriting Career

Learn how to write and sell professional-quality screenplays from a Hollywood veteran. **\$95.**

Songwriting Success

A professional songwriter and recording artist teaches you how to generate extra income by selling the songs you write. **\$95.**

Music Made Easy

Learn the fundamentals of music theory. Be able to read, write, and play simple music. **\$95.**

Languages

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time. **\$95.**

Beginning Conversational French

Discover how easy it can be to learn common words and phrases for both leisure and business. **\$95.**

Beginning Braille

Prepare for a rewarding career as a transcriber by learning to write and read the language of the blind. **\$95.**

Grammar for ESL

If English is your second language, this course will teach you the principles you'll need to succeed. **\$95.**

Art, History, Math, & More

Enjoying European Art Online

An introduction to the most important works of European art, with a wealth of commentary and interesting historical information. **\$95.**

History of Women Writers

Discuss the influences of history on women writers and their works. **\$95.**

Jungian Psychology

Thought-provoking exploration of human nature, symbolism, dreams, and artistic expression. **\$95.**

Introduction to Algebra

Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems. **\$95.**

Great Themes in Philosophy

Follow in the footsteps of the great philosophers in this lively discussion of human thought and conduct. **\$95.**

Family & Friends

Luscious, Low-Fat, Lightning-Quick Meals

Discover how easy it can be to prepare meals that are both delicious and nutritious! **\$95.**

Film Literacy

Gain an appreciation of the filmmaker's art. Find deeper meaning in any filmed story. **\$95.**

Genealogy Basics

Begin an exciting and fascinating exploration of your roots. **\$95.**

Computer Programming

C++ for the Absolute Beginner

Learn to program in C++, even if you have no prior programming experience! **\$95.**

C# Programming for the Absolute Beginner

Learn the fundamentals of computer programming with the new C# programming language. **\$95.**

Introduction to Visual Basic .NET

Experienced programmer and teacher shows you how to create Windows applications using Visual Basic .NET. **\$95.**

Introduction to Active Server Pages

Active Server Pages (ASP) technology makes it easy for you to build a Web site that can interact with its users. Learn how to request information from your visitors, respond to their requests, and create an online database. **\$95**

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language. **\$95.**

Introduction to Database Development

An experienced professional guides you through a structured approach to database design and development. **\$95.**

Introduction to Perl Programming

Learn a programming skill that will make you a more valuable Web developer or system administrator. **\$95.**

Introduction to the Game Industry

Leading game designer prepares you for a career in game development, design, and production. **\$95.**

Computer Graphics Programming with OpenGL

Prepare for a career creating special effects for games, movies, television, print publications, and the Web. **\$95.**

Introduction to VBA

Learn to use VBA and Microsoft Word to create your own document automation solutions. **\$95.**

Networking/ Troubleshooting

Introduction to PC Troubleshooting

Learn to decipher and solve almost any problem with your PC. **\$95.**

Creating a Home or Small Office Network

Slash expenses and improve efficiency by learning how to share printers, Internet connections, drives, and documents with Windows. **\$95.**

Introduction to Networking

Learn the fundamentals of networking and prepare for a career in a new and fast-growing field. **\$95.**

Intermediate Networking

Gain practical experience in a hot new career field. Topics include VPNs, security, and Internet connectivity. **\$95.**

Wireless Networking

Industry expert shows you how to plan, deploy, and connect to wireless networks. **\$95.**

Introduction to PC Security

What you don't know can really hurt you. Learn what you can do to protect yourself. **\$95**

New Courses!

Human Anatomy and Physiology

Learn how our organ systems work together to allow us to process sensations, think, communicate, grow, move, and reproduce.

Instant Italian

Be prepared to speak Italian in a wide variety of settings and situations. Hear and practice Italiano with a simple click of your mouse! Cultural tips are included in each lesson to help you better understand the Italian people and their way of life.

Writing For Children

Find out how to write picture books, contemporary fiction, historical fiction, and modern fantasy for children. Complete weekly writing assignments and find out which children's books and reference materials are essential for you to read before you begin.

Medical Coding and Billing

Learn medical coding and billing from a professor and physician with years of hands-on experience in the field.

Building Wealth

Discover how most wealthy people really accumulated their fortunes, and develops the discipline you'll need to create and build wealth for yourself.

Please visit our Online Instruction Center:

www.ed2go.com/wellrec

- **Call Wellesley Recreation to register and pay for your desired course(s)**
- **Visit our Online Instruction Center: www.ed2go.com/wellrec**
- **Click the Orientation link and follow the instructions to enroll. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.**
- **When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you selected during orientation.**

Start Dates:

April 17: #443800-01
May 15: #443800-02
June 19: #443800-03
July 17: #443800-04
Aug. 21: #443800-05

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